

Goal: Distance Free/Choice

Wednesday / Thursday (10/23 & 10/24)

Warmup

200 Choice

4 x 50 Kick

@1:00 / 1:15 / 1:30

4 x 50 Drill

Odd: Shark (elbow pause) freestyle

Even: Finger & Thumb Drag

4 x 50 Pull

@ :50 / 1:00 / 1:15

(800)

Main Set

(1 / 2 / 3)x Repeat (Choice, keep same stroke throughout a single repeat):

1 x 300 Steady

R:30s

3 x 100 Pace -5

@ 1:30 / 1:50 / 2:15

1 x 100 EZ

@ 2:00

(700/1400/2100)

Bonus Sprints

2x Repeat

1 x 75 FAST

R: 30s

1 x 25 EZ

R: 30s

(200)

Cooldown

1 x 100 "Silent Swim", 1 x 100 Pull, 1 x 100 Choice

(300)